



The Journal

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May 17, 2018



Photo by MC2 Kevin Cunningham



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Walter Reed Bethesda Nurses Salute Senior Members

By Bernard S. Little
WRNMMC Command Communications

Walter Reed National Military Medical Center nurses recognized their senior members during a ceremony May 9 as part of National Nurses' Week activities at WRNMMC.

Navy Capt. Valerie Morrison, WRNMMC's director of nursing services, said the celebration of nurses should probably be longer than a week, "maybe a year, because we do so much as part of our [profession]."

Morrison added that she's been "blessed" to serve as chief nurse at WRNMMC for the last two years. "A day didn't go by that I wasn't astounded by your talents," she said to her WRNMMC nursing team. "This group has such caring and compassionate competence that it makes me flow over with happiness. I know that our patients get the best of the best of the best of care. Thank you for all that you do because you are outstanding, you are excellent, and I appreciate everything that you do every day."

Calling WRNMMC senior nurses "the cornerstone" of the care provided at WRNMMC, Morrison said the medical center "cannot be here without [them]."

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PHOTO BY BERNARD S. LITTLE

During National Nurses' Week, Air Force Col. Barbara Cain (right), chief nurse of the 11th Medical Group, Joint Base Andrews, Maryland and Navy Capt. Valerie Morrison (second from right), director of nursing services at Walter Reed National Military Medical Center, recognize WRNMMC's senior nurses who in total have practiced the art of nursing for approximately 700 years, during a ceremony May 9 at WRNMMC.

NSAB Hosts Town Hall

Photos by MC3 Julio Martinez Martinez
NSAB Public Affairs

Senior leadership from NSA Bethesda and its mission partners answered questions from attendees at a Joint Town Hall held at USO Warrior and Family Center on May 10, 2018. The event was an opportunity for NSAB and its mission partners to answer questions and listen to feedback from people who live on, work on, and visit the installation.





NSAB Holds Auxiliary Security Forces Academy

Photos by MC3 Julio Martinez Martinez
NSAB Public Affairs

During Security Reaction Force Basic (SRF-B) training at Naval Support Activity Bethesda May 11, Sailors and Soldiers were sprayed with oleoresin capsicum (OC) spray while completing a obstacle course using all the skills they learn throughout the two-week course.



ASBP Recognizes Blood Donors and Blood Drive Coordinators

Photos by MC3 Julio Martinez Martinez
NSAB Public Affairs

Armed Services Blood Program (ASBP) held a blood donor and blood drive coordinator recognition ceremony at the USO Warrior and Family Center, May 4. Col. Jeremy G. Perkins, deputy director for the John P. Murtha Cancer Center at Walter Reed National Military Medical Center, (left photo) was the guest speaker at the ceremony and Navy Capt. Roland L. Fahie, U.S. Department of Defense director of the Armed Services Blood Program at the Defense Health Agency, (top right photo) gave the opening remarks for the ceremony.





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USU Announces 2018 Enlisted-to-Physician Program Selectees

By Sharon Holland
USU External Affairs

Twenty-three non-commissioned officers from the Army, Navy, Air Force and Marine Corps have been given the opportunity to follow their dreams of becoming physicians thanks to the Uniformed Services University of the Health Sciences' (USU) Enlisted to Medical Degree Preparatory Program, or EMDP2.

Nine Air Force, seven Army, six Navy, and one Marine Corps members were selected from hundreds of applicants for the Department of Defense program, which is entering its fifth year.

The EMDP2 is a 24-month program for promising enlisted service members interested in a career as a military doctor. Candidates attend school full-time at the George Mason University-Prince William (GMU-PW) campus in Manassas, Va., to prepare them to apply to medical school, while remaining on active duty. They must already possess a baccalaureate degree from an accredited academic institution with a minimum of a 3.2 grade point average and meet their respective military Service requirements for commissioning.

The students will report to USU at the end of July to begin the program, which will include full-time medical school preparatory coursework in a traditional classroom setting at GMU-PW, structured pre-health advising, formal Medical College Admission Test (MCAT) preparation, dedicated faculty and peer mentoring at USU, and integrated clinical exposure. Students who complete the program successfully will qualify to apply to most U.S. medical schools.

The new class includes:

- Staff Sgt. Zakary Bailey, 29, Army medic, Fort Bragg, North Carolina
- Staff Sgt. Austin Barton, 29, Marine Corps



U.S. NAVY PHOTO BY MCI JOHN PAUL KOTARA II

HMI Jon Solomon is one of 23 non-commissioned officers who were selected for the 2018 Uniformed Services University of the Health Sciences' Enlisted to Medical Degree Preparatory Program. In this photo, Vice Adm. Forrest Faison, Navy surgeon general and chief, U.S. Navy Bureau of Medicine and Surgery (BUMED), congratulates Solomon as BUMED's Sailor of the Year for fiscal year 2017.

intelligence analyst, McDill Air Force Base, Tampa, Fla.

- Staff Sgt. Shane Berger, 31, Air Force intelligence analyst, Davis Monthan Air Base, Tucson, Ariz.
- Hospital Corpsman 2nd Class Danielle Cain, 34, Navy hospital corpsman, Walter Reed National Military Medical Center, Bethesda, Md.
- Sgt. Anthony Caskey, 28, Army combat medic,

Fort Benning, Ga.

- Hospital Corpsman 1st Class Ka Chan, 28, Navy hospital corpsman, Naval Medical Research Center, Silver Spring, Md.
- Sgt. 1st Class Devin Defeo, 39, Army medic, Fort Bragg, North Carolina
- Senior Airman Leslie Gore, 29, Air Force emergency actions controller, Joint Base Andrews, Md.
- Senior Airman Ashley Halverson, 28, Air Force medical technician, Travis Air Force Base, Fairfield, Calif.
- Tech Sgt. Almaz Jamankulov, 32, Air Force linguist, Fort Belvoir, Va.
- Sgt. Santosh Kachhepati, 31, Army combat medic, Joint Base Lewis-McChord, Wash.
- Hospital Corpsman 1st Class Dawid Karapuda, 31, Navy hospital corpsman, Naval Health Clinic New England, Newport, Rhode Island
- Staff Sgt. Judith Mathess, 29, Air Force cryptologic linguist, Goodfellow Air Force Base, Texas
- Hospital Corpsman 1st Class Alejandro Matias, 31, Navy hospital corpsman, Naval Medical Center, Camp Lejeune, North Carolina
- Staff Sgt. Verity Oltjenbruns, 27, Air Force public health technician, Joint Base McGuire-Dix, New Jersey
- Sgt. Sandra Peprah, 26, Army medical laboratory technician, Yongsan, Korea
- Staff Sgt. Amber Powell, 29, Air Force data systems operator, Beale Air Force Base, Calif.
- Tech Sgt. Sean Smith, 32, Air Force special/network systems



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U.S. AIR FORCE PHOTO BY TSGT BRIAN KIMBALL

U.S. Army Specialist Sandra Peprah is one of 23 non-commissioned officers who were selected for the 2018 Uniformed Services University of the Health Sciences' (USU) Enlisted to Medical Degree Preparatory Program.

- administrator, Chantilly, Va.
- Hospital Corpsman 2nd Class Jon Solomon, 33, Navy hospital corpsman, Navy Bureau of Medicine and Surgery, Falls Church, Va.
- Machinist Mate (Nuclear) 1st Class Robert Trent, 27, Navy nuclear machinist mate, Navy Power Training Unit, Ballston Spa, New York
- Staff Sgt. Gabriel Vargas, 30, Army medic, Joint Base Lewis-McChord, Wash.
- Staff Sgt. Erinne Vest, 28, Air Force cryptologic language analyst,

Joint Base Elmendorf-Richardson, Alaska

More than 22 students have successfully completed the EMDP2 program since its inception and are currently enrolled in medical school. Seventeen are attending USU's Hebert School of Medicine and two are enrolled in medical schools at other universities through the military's Armed Forces Health Professions Scholarship Program. On May 16, 2018, 15 additional EMDP2 students will graduate from the program and begin their medical school studies in the fall.

NURSES

From
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profession, WRNMMC is their first assignment. [They] have less than three years of experience and are brand new in their specialty care areas. [Our senior nurses] are the cornerstone bringing that foundation and experience to help train us and prepare us [for when] we have to deploy, and you maintain this organization no matter what happens."

Air Force Col. Barbara A. Cain, chief nurse of the 11th Medical Group, Joint Base Andrews, Maryland, served as guest speaker at the ceremony. She stated that when the Gallup organization released the 2017 results of their poll for the most honest and ethical professions late last year, for the 16th consecutive year nurses topped the list. More than eight out of 10 Americans describe nurse ethics as "very high" or "high."

Throughout the early 21st century, nurses have earned top ranking in the annual Gallup poll on ethics and honesty – with the exception for 2001 when firefighters, following their response to the terror attacks of 9/11, earned that distinction.

"One of the amazing skills that most nurses have is that ability to build that rapport [with patients and their families]. We have that innate ability

to provide compassionate care. We are our patients' advocates. We confront barriers to achieve [theirs and our] goals. We comfort patients [and] talk to them about uncomfortable subjects. We feed and bathe them. We care for all patients. Patients warm to us." She added many nurses' response to the "amazing, incredible, life-saving" things they do daily is, "I was just doing my job."

Cain said the art and practice of nursing comes with a huge responsibility. She encouraged nurses to "practice ethically, stay competent in their practice, integrate evidence-based research in their practice, communicate effectively, demonstrate leadership, provide quality nursing care, and practice with integrity."

Morrison and Cain recognized more than 20 of WRNMMC's senior nurses at the ceremony, who in total have worked approximately 700 years in the nursing profession. Loretta Aiken and Francine Bryant have each practiced the art of nursing for nearly 50 years.

Closing the ceremony, Army Chaplain (Maj.) Chul Jeon prayed, "May the Lord's hand be with you as your hands bring comfort and healing to those you touch. May the Lord's face shine upon you as your face is the first face all patients see. May the Lord's feet guide you in your daily walks of life. And may the Lord's heart provide you compassion for all those who need your compassion and care."



'May the Fourth Be With You' Celebration

Photos courtesy Jenny Charlson

Around 100 people attended MWR's "May the Fourth Be With You" celebration at Below Deck which included trivia, food and table to make your own light "sword" along with a viewing of the movie, "Star Wars: The Last Jedi."

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Nurses Celebrate Nurses' Week, Navy Nurse Corps Birthday

By Bernard S. Little
WRNMMC Command Communications

Nurses at Walter Reed National Military Medical Center capped off their National Nurses' Week activities with a cake-cutting ceremony and evening ball May 11.

In addition to National Nurses' Week, the cake-cutting ceremony also celebrated the 110th birthday of the U.S. Navy Nurse Corps. The evening ball in Rockville, Maryland continued the recognition of nurses for the inspiration, innovation and influence they provide patients and others.

"We're very excited to celebrate both the U.S. Navy Nurse Corps' birthday and all of the nurses we have here – active duty, our federal GS, our contract staff, as well as Red Cross volunteers, and nurses we partner with at the Uniformed Services University and Public Health," said Navy Capt. Valerie Morrison, director of nursing at WRNMMC. "We really have the entirety of the Federal Nursing Service Council here at Walter Reed [Bethesda]."

She added a "true testament" of the nursing care and services provided at WRNMMC is that the American Nurses Credentialing Center recently designated WRNMMC as a Pathway to Excellence (P2E) facility. P2E designation recognizes health-care organizations that promote and sustain a safe, positive and healthy working environment for nurses, which leads to better outcomes for patients.

Morrison added that WRNMMC is the first organization in the Military Health System and Department of Defense to earn P2E designation, and the WRNMMC nursing team "really tackles" the components of P2E, which include quality, safety, well-being, leadership, shared governance, and professional development, every day.

"Once again, you guys are first," said Navy Rear Adm. Mary Riggs, director of research and development for the Defense Health Agency, in recognizing the WRNMMC's nursing team's P2E achievement. Riggs served as guest speaker at the cake-cutting ceremony.

"What a great time to be in nursing," Riggs added. "Whether it's on the battlefield or off..., nurses have employed their professionalism and left a lasting impact on every life they've touched," she said. "We do this through the evolution of our critical skills as well as our critical thinking in nursing. We serve with purpose every day to save the lives of our warfighters who so selflessly defend our nation."

Riggs said nurses are more than caregivers, as they also serve as "patient advocates, administrators, program managers, educators, researchers and leaders who take on some of the most challenging positions across the military health system."

Nurses' capabilities span a range of specialties, from disease management to behavioral health, to flight and combat medicine, Riggs continued.

"It's always good to pause and remind ourselves of those who have paved the way before us," Riggs furthered. She noted the nearly 100 Army and Navy nurses who served during World War II and were captured and imprisoned by the Japanese. "They became the only group of



PHOTOS BY MC2 KEVIN CUNNINGHAM

From left, Air Force 1st Lt. Ayesha Thompson, Army Spc. Oluwatobi Aku, Navy Capt. Valerie Morrison and Tamara Wilson cut the cake celebrating National Nurses' Week May 11 at Walter Reed National Military Medical Center.

American women captured and imprisoned by the enemy during that war." She described their story as one of "endurance, professionalism and raw determination. That's something that I see with all of our nurses now, particularly those who have served in various deployment settings. We still maintain that core competency within our hearts."

While captured, those World War II Army and Navy nurses helped build and staff hospitals "in the middle of the malaria-infested jungle on the peninsula of Bataan," Riggs said. "They were short of supplies and medicine, worked around the clock in operating rooms and open-air wards, dealing with [a variety of] wounds and gangrenous limbs, and they ministered to the wounded, sick and dying."

Riggs added that the Japanese held the nurses captive in an internment camp for "three-long years marked by loneliness and starvation." She said despite this, the nurses "kept their mission and stuck together, and in the end, it was this loyalty, sense of purpose and honor they had for their corps that both challenged and saved every single one of them."

"For those of us who have been deployed, especially in austere environments, [the World War II nurses] would be very proud of how their example is carried forward today," Riggs said.

"Since the American Revolution, from bedside to battlefields, on water, in the air and on land, nurses have served admirably as an indispensable part of the U.S. fighting force," Riggs added.

She concluded her talk with the following Irish Limerick, which she said reminds her of nurses: "Work for a cause and not the applause. Live life to express, not to impress. Don't strive to make your presence noticed, just make your presence felt."

"I think each and every nurse, no matter where they are, your presence is always felt," Riggs said.

"As we move into the next year and the next



Navy Ensign Rilietha Godfrey and Navy Rear Adm. Mary Riggs cut the cake celebrating the U.S. Navy Nurse Corps' 110th birthday during a ceremony May 11 at Walter Reed National Military Medical Center.

chapter of our profession, use your experiences to influence and mentor the young nurses you work with. Be the person who helps that next generation understand the importance of transforming their experiences and lessons learned into life-saving innovations. Have the courage to drive change to meet the medical needs of our warfighters. They are depending on you. They must be the center of everything we do," Riggs said. "You are the selfless, devoted, compassionate and innovative spirit to care for our nation's heroes," she stated.



NSAB Competes in NDW Admiral's Cup

Photos by MC3 Julio Martinez Martinez
NSAB Public Affairs

Naval Support Activity Bethesda hosted a volleyball tournament at the MWR Fitness Center as part of the Naval District Washington Admiral's Cup. NSAB played against NDW in co-ed volleyball.



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PHOTO BY MC2 KEVIN CUNNINGHAM

A simulated mass casualty victim arrives at Walter Reed National Military Medical Center Emergency Department for care during the exercise.



PHOTO BY MC2 KEVIN CUNNINGHAM

A simulated mass casualty victim receives care upon arrival at Walter Reed National Military Medical Center Emergency Department during the exercise.

Walter Reed Bethesda Conducts Mass Casualty Exercise

By MC2 Kevin Cunningham
WRNMMC Command Communications

Walter Reed National Military Medical Center conducted a Code Green exercise May 3 to enhance its mass casualty response capabilities.

The exercise consisted in a mix of scenarios testing the hospital's ability to react to a large influx of casualties, explained Chris Gillette, command emergency manager and the exercise director at WRNMMC. Hospital staff managed a temporary triage staging site outside the Emergency Department where they assessed the simulated injuries of those acting as casualties. After the initial intake, those injured were directed to various departments within the medical facility.

Gillette explained WRNMMC, with Naval Support Activity Bethesda's Police Department and Naval District of Washington's Fire and Rescue Department, exercised their emergency response plans during the staged event on NSAB.

"This annual event prepares for the unexpected," Gillette said. "We always have to be ready to receive casualties and these exercises test the medical center's surge capabilities while continuing to offer patient care to those not involved in the exercise," he continued.

Throughout the four-hour event, dozens of casualties were processed through the various staging areas designed to assess then treat various types of injuries.

Upon arrival to the ED patients were color-coded based on the level of severity of their injuries. Once divided, patients are funneled to the hospital where they would receive care in case of an actual event.

Code Green exercises are conducted annually to test the medical center's response capabilities to mass casualty situations that could take place in the National Capital Region.



PHOTO BY MC2 KEVIN CUNNINGHAM

A simulated mass casualty victim is loaded onto a stretcher to be transported in Walter Reed National Military Medical Center Emergency Department the exercise.



PHOTO BY PO3 JARED LENAHA

Walter Reed Bethesda staff members await simulated mass casualties during an exercise.



Emergency Department staff simulates assessing the injuries of a simulated mass casualty victim during the exercise.

PHOTO BY PO3 JARED LENAHAN



Dr. Edward Lucci simulates care of a simulated mass casualty victim during the exercise.

PHOTO BY PO3 JARED LENAHAN



Simulated mass casualty victims are triaged during the exercise.

PHOTO BY PO3 JARED LENAHAN



A chaplain from the Department of Pastoral Care (left) is on hand to provide comfort to simulated mass casualty victims during the exercise.

PHOTO BY PO3 JARED LENAHAN



NSAB Hosts Road to the 2018 DoD Warrior Games

Photos by MC3 Julio Martinez Martinez
NSAB Public Affairs

Naval Support Activity Bethesda hosted the Road to the 2018 DoD Warrior Games, May 5. Wounded warriors practiced volleyball and trained in the Fitness Center swimming pool before they head to the Air Force Academy in Colorado Springs, Colorado, where the games are set to be held.





Patient-, Family-Centered Care Work Highlights Florentino Awards

By Bernard S. Little
WRNMMC Command Communications

Projects focused on putting patients and families at the heart of medicine highlighted the Dr. Paul Florentino Patient- and Family-Centered Care (PFCC) Excellence Awards program May 3 at Walter Reed National Military Medical Center.

Navy Capt. (Dr.) Mark Kobelja, WRNMMC director, commended the work that staff, both active duty and civilian, as well as medical residents, presented at the program. "It's extraordinary," he said. He also described the projects as "amazing" and indicative of WRNMMC's efforts in keeping patients and their families at the core of the medical center's mission.

Work presented at the program explored Opioids Impact on Benefit from Spinal Cord Stimulator; Development of a Wellness Platform for Oncology Patients with Cognitive Complaints; Sexual Health and Intimacy Services at Walter Reed Bethesda; Implementation of a Family-Centered and Multidisciplinary Cardiogenetics Clinic; Automation of the I-PASS Tool to Improve Transitions of Care; Multi-Disciplinary Rounds on the Internal Medicine Wards; and Psychiatry Behavioral Health High Risk Management for Children and Adolescents.

U.S. Public Health Service Capt. Moira McGuire earned the first-place ribbon for her team's project examining sexual health and intimacy for wounded, ill and injured service members and their spouses/partners. McGuire's team concluded, "Exceptional efforts of a multidisciplinary team have led to improved specialized care and continuity in the area of sexual health and intimacy, enhanced care for wounded, ill and injured service members and their spouses/partners, improved quality of life, and all consistent with patient- and family-

centered care tenets of collaboration, active participation, dignity and respect, and open and honest information sharing."

Genetics counselor Lydia Hellwig earned second-place honors for her research involving implementation of a family-centered and multidisciplinary Cardiogenetics Clinic. "Before the Cardiogenetics Clinic was created, patients and providers alike were inundated with the challenges of inter-departmental coordination of multiple specialty visits in order to ensure proper care. With the Cardiogenetics Clinic in place, we have increased the quality of care provided while decreasing the number of specialty appointments required for these military families by 72 percent."

Psychologist Laura Wandner, Army Capt. Sarah Ordway and Navy Lt. Thomas Mellor shared third-place recognition. Wandner researched opioids impact on benefit from spinal cord stimulator, and Ordway and Mellor researched multi-disciplinary rounds on the Internal Medicine Wards.

Dr. Lina Kubli, of the Paul Florentino PFCC committee, explained the benefits of patient- and family-centered care include an increase in the quality of care; greater trust between providers, patients and their families; and improved confidence in the overall health-care system resulting in better outcomes. The tenets of PFCC include mutual dignity and respect, unbiased information sharing, active participation from patients and families in their care, and open collaboration among practitioners and providers.

The PFCC committee along with the Department of Research Programs at WRNMMC conduct the PFCC excellence awards and program in honor of Florentino, whose career took him from work as an Air Force flight surgeon to deputy commander of medical services at the former National Naval Medical Center, a predecessor of WRNMMC.



PHOTO BY BERNARD S. LITTLE

Psychologist Laura Wandner presents her project "Spinal cord Stimulator Cohort: Opioids Impact on Benefit from SCS" during the Patient- and Family-Centered Care Excellence Awards In Honor of Dr. Paul Florentino program May 3 in Building 9 at Walter Reed National Military Medical Center.

Florentino helped guide the integration of NNMC and the former Walter Reed Army Medical Center to form WRNMMC, and he was a major contributor in shifting the paradigm of care from being primarily physician driven to physician, patient- and family-centered, acknowledging the pivotal involvement of the patient and the patient's family in health care. He died in 2011 and is buried in Arlington National Cemetery. To continue his legacy, the PFCC excellence awards program is open to any WRNMMC department or team that initiates research, innovation, or process improvement to benefit patient- and family-centered care.

Francesca Bjorklund served as guest speaker at this year's Florentino PFCC excellence awards program. The mother of twin girls with a health condition affecting their nervous systems and speech, Bjorklund advocates for PFCC. She explained that the successful health care of children starts at home as well as creating a partnership with medical, therapeutic and educational teams. She stated that with a team approach, children with challenges are better able to leap their hurdles and succeed in all facets of life.

Bjorklund credits WRNMMC Chief Experience Officer, Army Col. (Dr.) Catherine Kimball-Ayres, a pediatrician, along with other health professionals at the medical center with teaming with her in the care of her children, who now participate in the Special Olympics sporting events. "It is really the open communication that is built around respect and trust that has allowed this progress," she said.



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HiddenHeroes.org

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Memorial Service Salutes Support Canines

Photos by Harvey Duze
WRNMMC Command Communications

During a memorial service May 11 in front of the Tower, the Walter Reed Bethesda family celebrated the lives and contributions of its therapy and support canines Navy Vice Adm. Laura Lee and Marine Corps Gunnery Sgt. Archie, who both died in March. Archie and Laura Lee were among the first canines in the dog therapy and support program at Walter Reed National Military Medical Center. The current team of canines carry on the legacies and dedication of Archie and Laura Lee, playing important roles enhancing the treatment, esprit de corps and morale of beneficiaries, family members and staff at WRNMMC and Naval Support Activity Bethesda.





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UMUC Salutes Our Military Heroes

VERNON GREEN JR.
Master of Science, Cybersecurity Technology
U.S. Army Veteran

Vernon Green Jr. brings the values he learned in the military to his service in the community.

When you talk to military people about heroism, they'll often tell you about something greater they've been a part of.

During his time in the U.S. Army, Vernon Green put his cybersecurity training to work as part of a team managing a large tactical information network.

Today, Vernon puts the values he learned in the military to work in his community as founder of a nonprofit organization mentoring young men and women to build strong character, relationships, and careers.

UMUC salutes the members of our military who inspire us in their daily service. **Who inspires you?**

Share your story about a servicemember who made a positive impact on people's lives at umuc.edu/militaryheroes or share your hero's story using **#militaryheroes**.



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Join Hiring Our Heroes and Military Corps Career Connect (C3) to network with vetted employers, community leaders, senior military spouses, and other job seekers. Gain valuable insight on career planning and how to stand out as a candidate. Bring your resume and get ready to put your best foot forward with employers who want to hire you.

EVENT FEATURES

CORPORATE FELLOWSHIP PROGRAM INFORMATION SESSION

Learn about HOH Corporate Fellowship Program opportunities in Maryland for military spouses of active duty service members and instantly connect with employers with open fellowship opportunities. Learn more at HiringOurHeroes.org/Fellowships.

This program is funded by a US Department of Labor National Dislocated Worker Grant in partnership with Military Corps Career Connect (C3).

MILITARY CORPS CAREER CONNECT (C3) CAREER TRANSITION ASSISTANCE

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6/8-8/31	12-2 pm	Kids Summer Program MWR Fitness Center, Bldg. 17 FREE. Register online*. Open to all Eligible Fitness Center patrons and their children of all ages.
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*www.NavyMWRBethesda.eventbrite.com

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